



### Join the CPHSD Aerobic Winter Challenge:

- Form teams of 5-10 people. Track your physical activity and win prizes!
- Register by October 31, 2016. Challenge runs November 2016 through February 2017. On-line registration and payment are available.
- Monthly e-newsletters with tasty recipes and tips to keep you moving.
- Cost is \$10 per person! (Unless sponsored by NAU, NAH, or NAPEBT)

[www.coconino.az.gov/awc](http://www.coconino.az.gov/awc)

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Supporting agencies:

